



CALM AT HOME

with Mojo



Welcome to Calmer Classrooms

I'm Mojo and I am going to be helping you feel more calm and happy with easy daily exercises and activities.

Every day has a theme so let's get started and have lots of fun today!

A MESSAGE FROM MOJO

At the moment there are lots of changes happening in the world. We are having to change the way we do some things and lots of people are feeling a little bit worried.

There are lots of things we can do to help each other though, like washing our hands carefully and looking after each other.

If we can stay calm our body can fight viruses better and we can get better more quickly if we do get ill so let's help each other to stay calm. I am going to help you with some ideas. Just do one a day and you will feel much calmer. Why not get everyone in your house to join in too?

Take care of yourself and each other,

Mojo



Meditation Monday

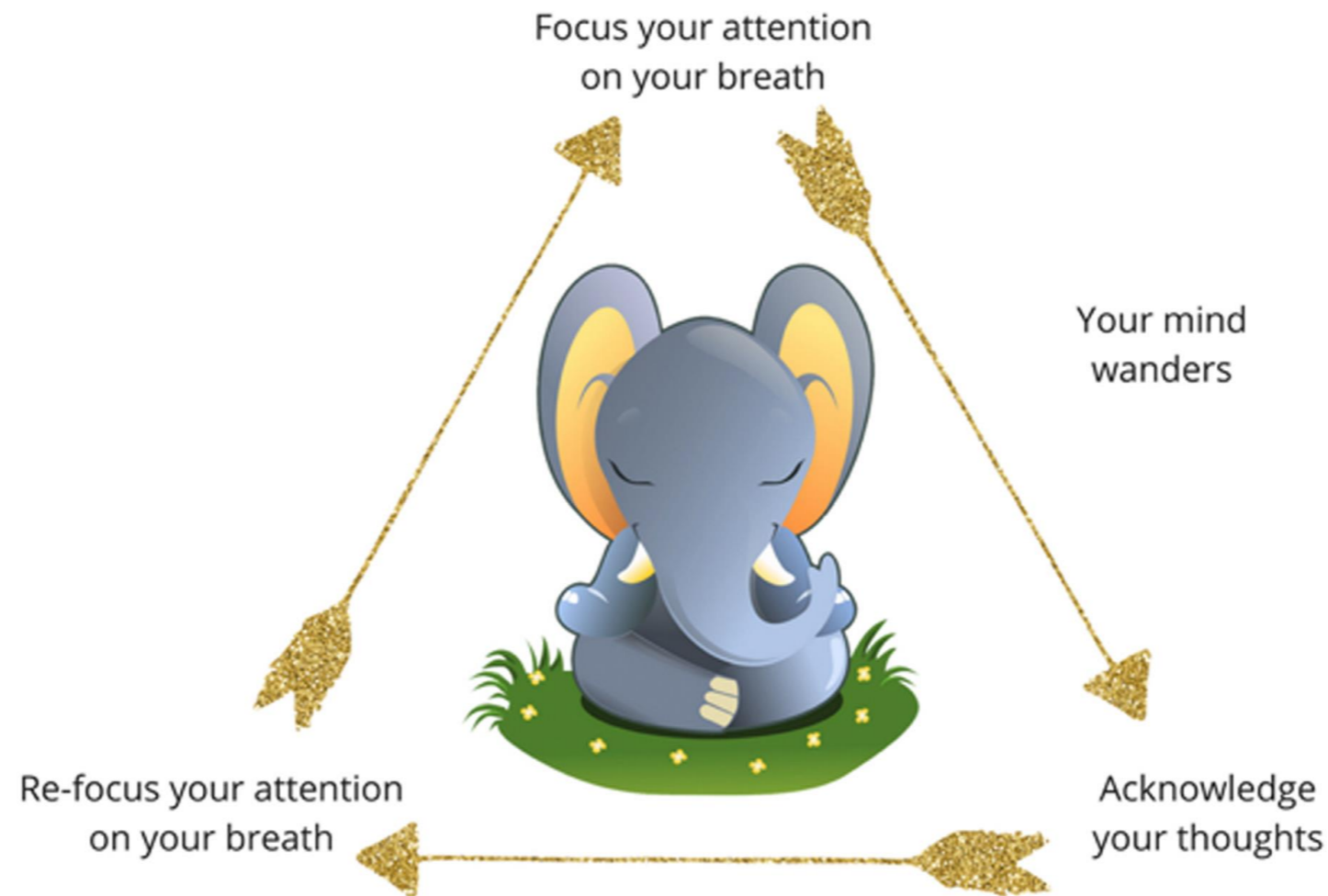


What is meditation?

Meditation sounds like a complicated thing, but actually it is just being still and concentrating on what is actually happening right now. Not thinking about things that have happened, or things that you think are going to happen. It is much easier than you might think. Let's give it a go together.



When you meditate thoughts will pop into your head.
That's normal. Use this simple cycle to help you
return to your meditation.



SELF REGULATION CYCLE

Awareness Meditation



Meditation is a great way to start finding your *Mojo*. It's so simple. We're just going to think about our breathing for a few minutes.



Take a Breath Tuesday



Why is breathing so important?

I'm sure you all know how important it is to breathe.

Did you know that how you breathe can change how you feel though?

When you are feeling worried your breathing changes,

so by learning to control how you breathe you can calm yourself down.



Clever eh?

Wake Up Your Body Wednesday



Why do we need to wake up our bodies?



Well, becoming more aware of our bodies helps us to feel more relaxed and helps us to listen to what our body needs.

We learn that sometimes when we think we're tired we are actually thirsty.

When we think we're angry, we're actually hungry.

By learning to listen to our bodies we can become more calm.

Floppy Star

This simple technique is wonderful for releasing physical tension, it reduces anxiety and calms your body down.

1. Lie on the floor, if possible, with your arms and legs out stretched.

2. Begin with your left leg. Tense every muscle in your left leg and foot for a few seconds, then relax.

3. Repeat this process of tensing and relaxing with your right leg, stomach, left arm, right arm and face.

4. Finally tense every muscle in your body, really screw up your face, tense your stomach, everything, hold, and then relax.



Thoughtful Thursday



What are we going to learn in these lessons?



Becoming more mindful is about learning to think about our feelings and being considerate of other people, not just about staying calm. In these lessons you are going to learn to really understand how you feel about things and how you can use mindfulness to make life more calm and happy for everyone.

Mindful Colouring

Choose a picture to colour in or create a scribble picture or something like that. Then sit quietly, not thinking about anything but your colouring. Really concentrate on the feel of the pencil or pen on the paper, the colours you are using...



Get that Friday Feeling



What are we going to learn in these lessons?



Fridays are about exploring feelings. Some lessons will be about physically touching things and learning to explore our sense of touch. We will also learn how we feel and how we can accept and learn from our emotions.

Are you ready?

Inside and Outside Me

Lesson 1

Is there a difference between what people can see and know about you, and what you know but others can't always see?

I am grey and have a long trunk, everyone can see that.

But did you know I can dance?

Discuss the things people can always see about us and the types of things we can choose to hide from others if we want to.



Congratulations!



You have learned lots of ways to be more thoughtful and calm. You are learning to be more aware of your own body and emotions as well as other people in your world.

Well done!